kraft foods

food&family

make today delicious

the best meatballs
(See our secret ingredients on page 19.)

25 ways to eat well for less

Game Day Party

Sunday Dinner Is Back

Classic Desserts Made Easy

FALL '09 $3.95 kraftfoods.com

fall is...

"...classroom buzz from my girls—about lockers, cell phones and the new homeroom teacher—as we all sit down to a hot, delicious dinner."

Now more than ever, supper needs to be delicious *and* smart, from a budget perspective. If you're on the same page, check out 1 Bag = 5 Nights (*page 48*) to shop once for a week's worth of affordably tasty dinnertime ideas. And for laid-back weekend meals that will bring your busy family to the table, see A Month of Sundays (*page 28*). To me, fall means comfortable routines are back, and I'm all for it!

KRAFT KITCHENS EXPERT
Susanne Stark

jack-o'-lantern soup

Show 'em you still have a few tricks up your sleeve with this eerily easy idea: Just use a cookie cutter or knife to cut out a **Kraft** Singles and get the goodness of milk into a spooky suppertime.

{ **what's online** For all-new scarily sweet treats, search "Halloween" at **kraftfoods.com**.

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HEALTHY LIVING

Our Healthy Living sun indicates a recipe that was designed with your health in mind. Nutrition information for the recipes in this issue is listed in the Recipe Index on *page 62*. For more Healthy Living recipes, tips and tools, visit **kraftfoods.com/healthyliving**.

on the cover
The Best Meatballs
(page 19)

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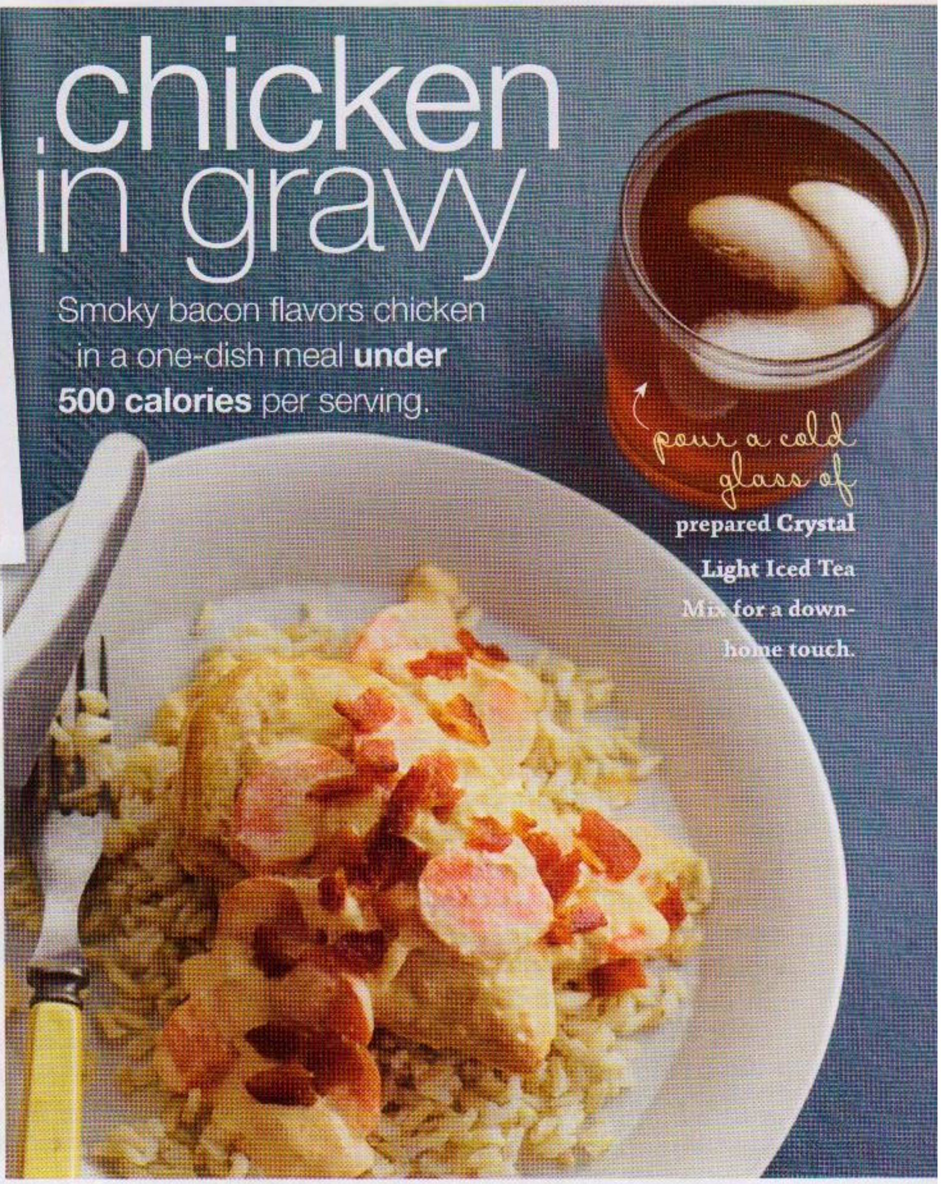
chicken in gravy

Smoky bacon flavors chicken in a one-dish meal **under 500 calories** per serving.



what you need

- 4 slices **Oscar Mayer** Bacon, chopped
- 4 small boneless skinless chicken breast halves (1 lb.)
- 4 large carrots (1 lb.), thinly sliced
- 1 large onion, chopped
- 1 cup fat-free reduced-sodium chicken broth, divided
- 2 oz. (1/4 of 8-oz. pkg.) **Philadelphia** 1/3 Less Fat Cream Cheese, cubed
- 3 cups hot cooked brown rice

smothered chicken with brown rice

PREP 15 min. **TOTAL** 46 min. **MAKES** 4 servings.

make it

cook and stir bacon in large nonstick skillet on medium heat 5 min. or until crisp. Remove bacon from skillet; drain on paper towels. Discard drippings from skillet.

add chicken to skillet; cook 5 to 6 min. on each side or until golden brown on both sides and done (165°F). Transfer chicken to plate; cover to keep warm. Add vegetables and 1/2 cup broth to skillet; cover and simmer 10 min. or until vegetables are tender.

stir in remaining broth and cream cheese; cook, uncovered, 2 min. or until cream cheese is melted and sauce is thickened, stirring frequently. Return chicken to skillet; cook 2 min. or until heated through. Spoon rice onto serving plate; top with chicken, sauce and bacon.

calories 420, fat 10g (sat 4g), chol 85mg, sodium 480mg, carb 47g, fiber 6g, sugars 9g, protein 35g, vit A 310%DV, vit C 6%DV, calcium 8%DV, iron 10%DV

{ **what's online** For more 500-calorie-or-less dinner ideas, go to kraftfoods.com/smartsupper.

budget wi$e

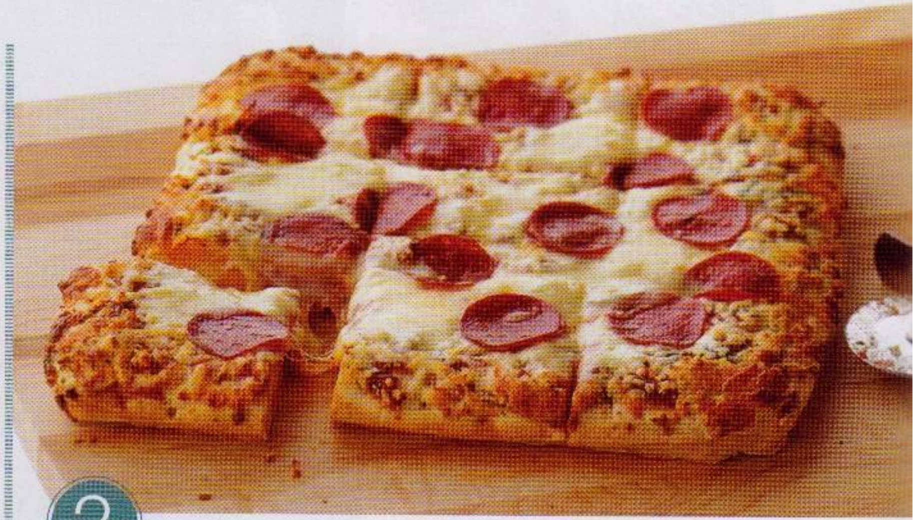
5 ways to eat well for less

You *can* still have it all—delicious meals with your family and good times with friends—even though you're cutting back. Count on it.

1 BUY MORE

Stocking up and saving money may sound out of sync, but when you use a shopping list and fill your pantry with a plan—buying bigger, more economical package sizes, restocking shelf staples when on sale and ultimately making fewer trips to the store—you can end up spending less. Some family favorites you may want to put in your pantry are:

- **Kraft** Macaroni & Cheese Dinner: You can serve three bowlfuls for about a buck.
- **Stove Top** Stuffing Mix: Make a wonderful warm dinner. Save some cold, hard cash.
- **Jell-O** Pudding: Stretch the milk money for just 40¢ a serving.



2 DINE IN

Skip the tab and the tip—it's cheaper to eat at home. You might be surprised at how easy it is to make restaurant favorites in your own kitchen:

- Pop a **DiGiorno** Pizza, such as Garlic Bread Pepperoni, into the oven for an easy after-work dinner idea that lets you relax.
- Melt **Kraft** Singles in a grilled cheese sandwich to win a thumbs-up for under a single.
- Finish with a no-bake **Philadelphia** Cream Cheese cheesecake or **Jell-O** Pudding topped with **Cool Whip** Whipped Topping—an affordably easy dessert.

3 SNACK SMART

This after-school treat adds up to less than a dollar:

3 **Oreo** Cookies + 1 cup milk = big smiles

For more thrifty snack pairings, turn to *page 54*.

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4 TAKE YOUR CUT

The main protein on your plate can take a big chunk out of your food budget, so shop smart. Look for inexpensive meat cuts and think about downsizing your meat portions overall.

- Buy ground meat in larger value packaging and freeze what you don't use in meal-size portions. (Try it with **Velveeta**, as in the recipe *at right*, for delicious cheesy goodness priced right.)
- Look for specials on beef pot roasts or cuts from the chuck or round, which cook up tender and juicy in the slow cooker.

Velveeta tex-mex beef and potatoes

PREP 10 min. **TOTAL** 45 min. **MAKES** 6 servings, about 1⅓ cups each.

what you need

- 1 lb. ground beef
- 1 red pepper, chopped
- 1 onion, chopped
- 1 pkg. (1¼ oz.) **Taco Bell® Home Originals®** Taco Seasoning Mix
- ½ cup water
- 4 cups frozen cubed Southern-style hash browns
- 1 pkg. (10 oz.) frozen corn
- ½ lb. (8 oz.) **Velveeta** Pasteurized Prepared Cheese Product, cut into ½-inch cubes

make it

HEAT oven to 350°F.

BROWN meat with peppers and onions in large skillet; drain. Return to skillet.

STIR in taco mix and water. Add potatoes, corn and **Velveeta**; mix well. Spoon into 13×9-inch baking dish; cover.

BAKE 20 min.; stir. Bake, uncovered, 15 min. or until heated through.

USE YOUR STOVE: Brown meat with peppers and onions, then drain as directed. Stir in taco mix, water, potatoes and corn; cover. Cook 5 to 7 min. or until potatoes are tender. Stir in **Velveeta**; cook, uncovered, until melted, stirring occasionally.

5 BROWN-BAG IT

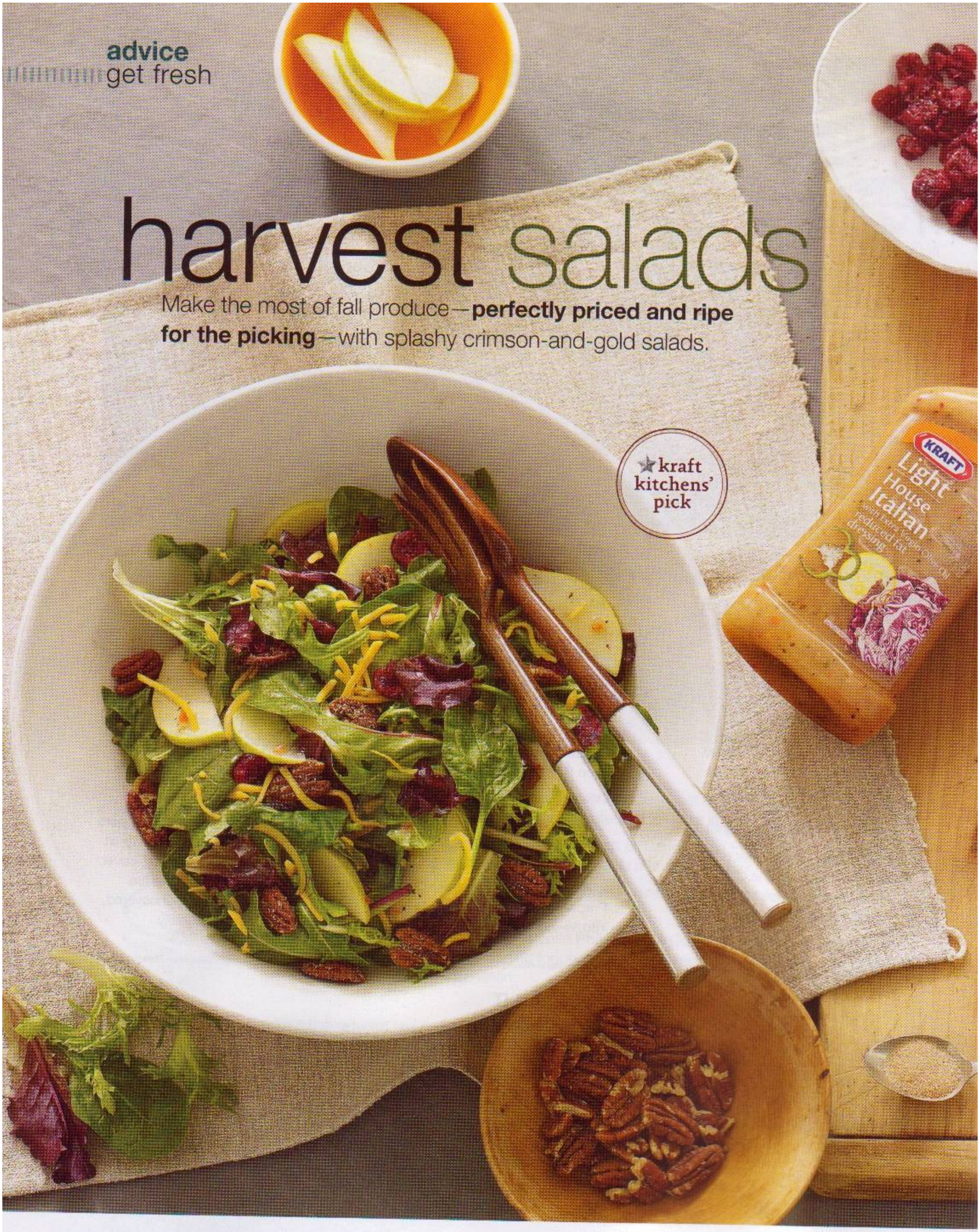
Bringing lunch from home takes just minutes in the morning. You can use up last night's leftovers or whip up your own lunch special.

- Tote along an **Oscar Mayer Deli Creations** Chicken and Ranch Flatbread Sandwich to heat in the office microwave.
- Take a do-it-yourself sandwich made with **Oscar Mayer** Deli Fresh Shaved Meats. They're sliced, packed and sealed at the peak of freshness and cost 25 percent less than the leading brand of deli counter meats.
- Spread your bread with **Kraft** Real Mayo Mayonnaise or **Miracle Whip** Dressing from the BIG jar. Ounce for ounce, it usually costs less than small jars.

{ what's online For more cost-saving recipes and tips, go to the new Budget Wi$e section of kraftfoods.com.

harvest salads

Make the most of fall produce—**perfectly priced and ripe for the picking**—with splashy crimson-and-gold salads.



mixed greens & pear salad

PREP 10 min. **MAKES** 8 servings, 1 cup each.

what you need

- ⅓ cup **Planters** Pecan Halves
- ½ tsp. cinnamon sugar
- 1 pkg. (5 oz.) torn mixed salad greens
- 1 large pear, thinly sliced
- ½ cup **Kraft** 2% Milk Shredded Sharp Cheddar Cheese
- ¼ cup dried cranberries
- ⅓ cup **Kraft** Light House Italian Dressing

make it

COMBINE nuts and cinnamon sugar in microwaveable pie plate sprayed with cooking spray; spread evenly onto bottom of pie plate. Microwave on HIGH 1 to 1½ min. or until nuts are toasted, stirring every 30 sec.

TOSS greens with pears, cheese and cranberries in large bowl.

ADD nuts and dressing; mix lightly. Serve immediately.

color your salad

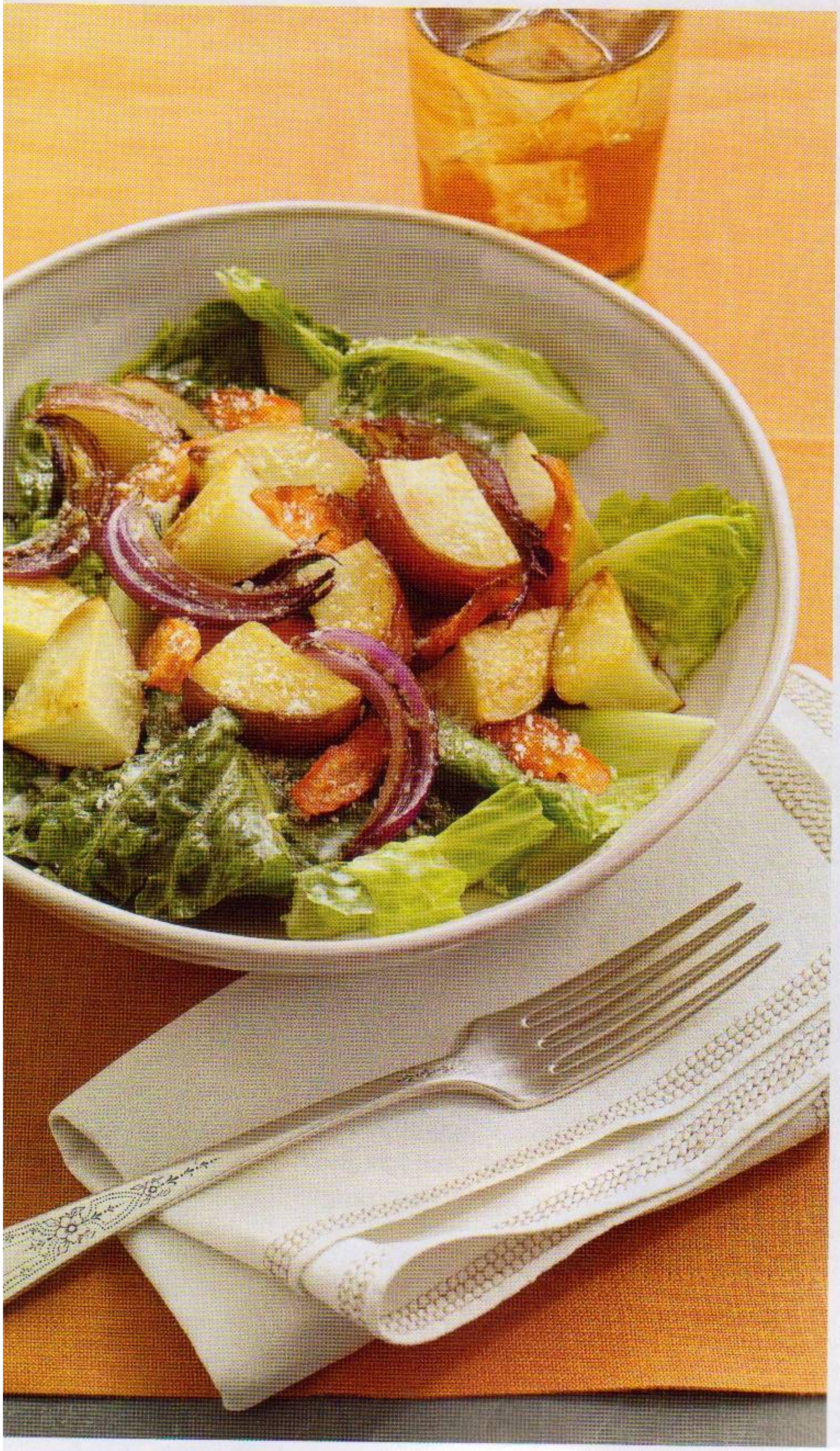
To dress up salad greens with autumnal hues, try:

Apples: Slice Red Delicious, Pink Lady or Gala for red tones; Granny Smith for green; or Golden Delicious for yellow.

Cranberries or pomegranate seeds: Add a sparkle of crimson with dried cranberries or fresh pomegranate seeds.

Grapes: For extra drama, mix seedless grapes of different sizes and colors. Try Thompson (light green), Ruby (red) and Fantasy (dark purple).

Pears: Pick red and green Anjou and yellow Bartlett for a colorful palette. Serve them sliced fresh, roasted or poached.



ranch salad with roasted vegetables

PREP 10 min. **TOTAL** 40 min.
MAKES 4 servings.

what you need

- 1 lb. red potatoes (about 6), cut into 1-inch chunks
- 2 carrots, cut into ¼-inch-thick slices
- 1 small red onion, cut into thin wedges
- 1 Tbsp. olive oil
- 1 pkg. (10 oz.) torn romaine lettuce
- ⅓ cup **Kraft** Light Ranch Dressing
- 2 Tbsp. **Kraft** Grated Parmesan Cheese

make it

HEAT oven to 425°F.

COMBINE first 4 ingredients in 15×10×1-inch pan.

BAKE 25 min. or until tender, stirring after 15 min. Cool 5 min.

TOSS lettuce with dressing; place on 4 serving plates. Top with vegetable mixture and cheese.

check it out!

A NEW LOOK AND TASTE
Change is good! See for yourself when you try new delicious **Kraft** Ranch Dressing. It'll make your salads happy—and your family too.

{what's online Find tips for choosing and using fall produce at kraftfoods.com/produce.

restaurant favorite

meatballs two ways

Bake a big batch of meatballs and freeze half. Serve with tomato sauce tonight and creamy gravy next week for star-of-the-menu flavor without the restaurant tab.

love it!

Make sure your meatballs are evenly sized with this **OXO** Cookie Scoop from kraftstore.com.

the best meatballs with tomato-basil cream sauce and fettuccine

{ **watch online** Check out The Best Meatballs video at kraftfoods.com.

the best meatballs

PREP 20 min. **TOTAL** 38 min.
MAKES 8 servings, 4 meatballs each.

what you need

- 2 lb. ground beef
- 1 pkg. (6 oz.) **Stove Top** Stuffing Mix for Chicken
- 1¼ cups water
- 2 eggs

make it

1 heat oven to 400°F. Line 2 (15×10×1-inch) pans with foil; spray with cooking spray. Mix ingredients until blended; shape into 32 (1½-inch) balls, using ¼ cup for each.

2 place 16 meatballs in each prepared pan. Bake 16 to 18 min. or until done (160°F).

3 combine half the meatballs with Tomato-Basil Cream Sauce or Creamy Brown Gravy (*at right*). Cool remaining meatballs; freeze for later use. (See Tip, *above right*.)

"Ground beef is versatile and such a good deal, especially when you buy it in bulk and freeze it."

MARTIN CHAMPOUX Kraft Kitchens

tip *Loosely pack cooled meatballs in freezer-weight resealable plastic bags. Lay bags flat in the freezer so meatballs freeze individually. Store up to 3 months. Thaw in the refrigerator several hours before using as desired.*

1 TOMATO-BASIL CREAM SAUCE: *Mix 1 jar (14 oz.) spaghetti sauce, 2 oz. cubed* **Philadelphia** *Cream Cheese and 2 Tbsp. chopped fresh basil in large skillet; cook on medium-low heat 3 min. or until heated through, stirring occasionally. Add 16 hot meatballs; stir to evenly coat. Sprinkle with ¼ cup* **Kraft** *Grated Parmesan Cheese before serving.*

MAKES *4 servings, 4 meatballs and ⅓ cup sauce each.*

2 CREAMY BROWN GRAVY: *Mix 1 jar (12 oz.) beef gravy, ½ cup* **Breakstone's** *or* **Knudsen** *Sour Cream and 2 Tbsp. chopped fresh parsley in large skillet; cook on medium-low heat 3 min. or until heated through, stirring occasionally. Add 16 hot meatballs; stir to evenly coat.*

MAKES *4 servings, 4 meatballs and ⅓ cup sauce each.*

what's new

the latest and favorites from Kraft

Natural flavor with other natural flavors

real cheese. real whole grain. real delicious.

New **Ritz Crackerfuls** Crackers. A delightfully satisfying snack that's perfect between meals. Made with real cheese and 5 grams of whole grain per serving. Available in two varieties: Classic Cheddar and Four Cheese.

a cut above

New **Kraft** 2% Milk Cracker Cuts are made with rich, creamy 2% milk from cows not treated with added growth hormones. With no artificial flavors or preservatives, you can enjoy every tasty bite. Now that's wholesome snacking made delicious!

Lunchables like you've never seen before

Introducing new **Oscar Mayer Lunchables** Lunch Combinations: Turkey & Cheddar Sub Sandwiches, including turkey made from 100% turkey breast, bread made with whole grain, reduced fat Cheddar made with 2% milk, spring water and, for the first time ever...applesauce!

tickle your ribs with a tastier sauce

Introducing all new **Kraft** Barbecue Sauce. Now you've got a better-tasting sauce to match your talent. Sweeter, thicker, smoother with a new blend of zesty herbs and savory spices. You'll be the hero of the family.

the big cheese!

Now you can serve the deliciously cheesy taste of **Kraft Easy Mac** Cups in a new larger size (4.1 oz. vs. 2.05 oz.) for bigger appetites. Your kids will love having their favorites at lunchtime, and you'll appreciate the convenience—just microwave and enjoy in 3½ minutes! Available in Original and Triple Cheese.

spice up your sandwich with **Oscar Mayer**

Oscar Mayer Deli Fresh presents four new flavors your taste buds will love: Cajun Seasoned Chicken Breast, Cracked Black Peppered Turkey, Black Forest Ham and French Dip Flavored Roast Beef. These bold new flavors deliver the taste and quality you can only get from **Oscar Mayer**!

we are the new **Miracle Whip**...

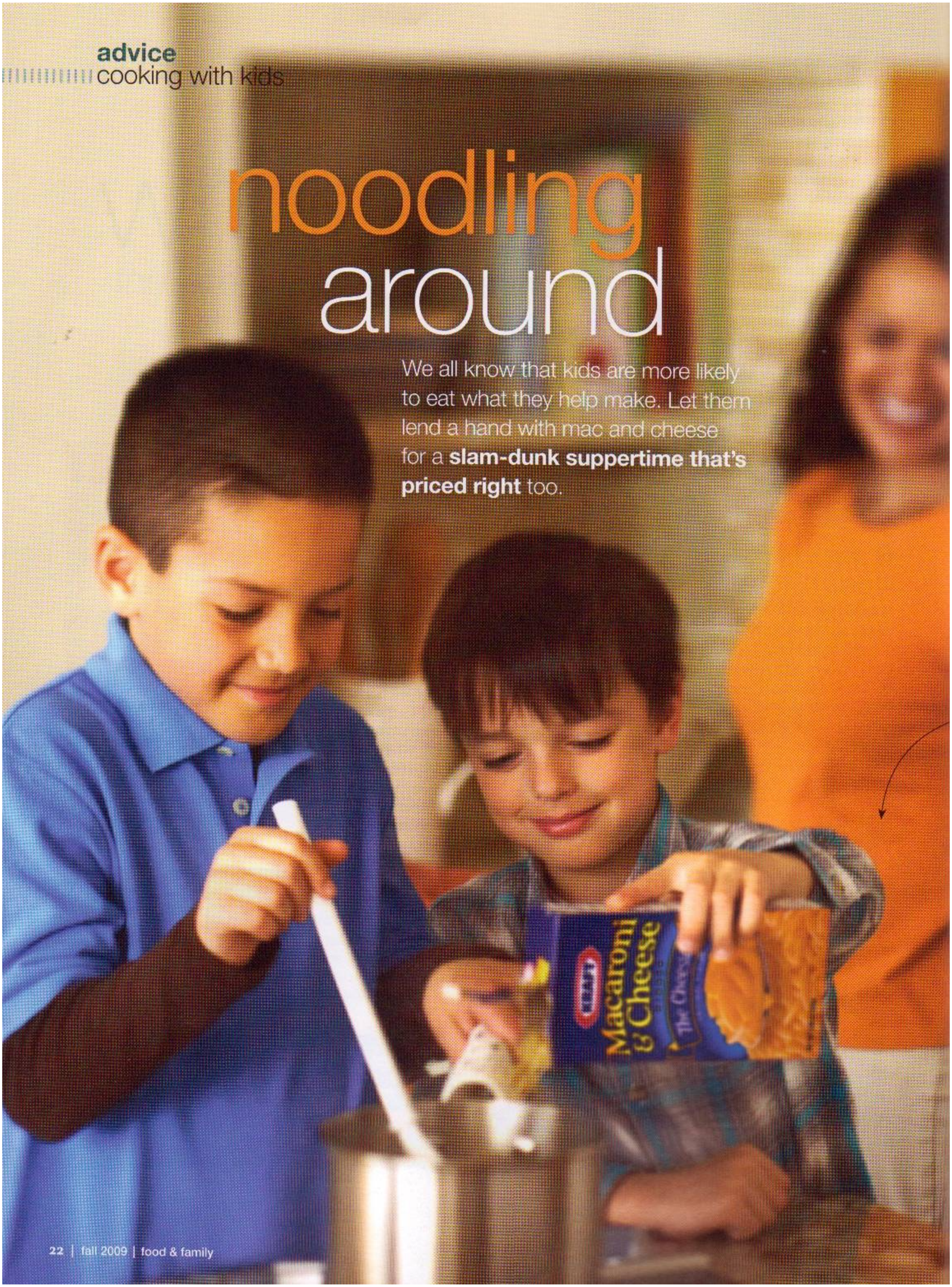
...and we will not tone it down! Try the new and more amazing **Miracle Whip** Dressing, now with more of our mixed-up blend of spices! You'll either love it or you're mayo.

pick-up sticks

New **Kraft** 2% Milk Colby Jack Sticks are made with rich, creamy 2% milk from cows not treated with added growth hormones. With no artificial flavors or preservatives, **Kraft** Natural Cheese Snacks are everything you want in a delicious snack. That's pure taste.

noodling around

We all know that kids are more likely to eat what they help make. Let them lend a hand with mac and cheese for a **slam-dunk suppertime that's priced right** too.



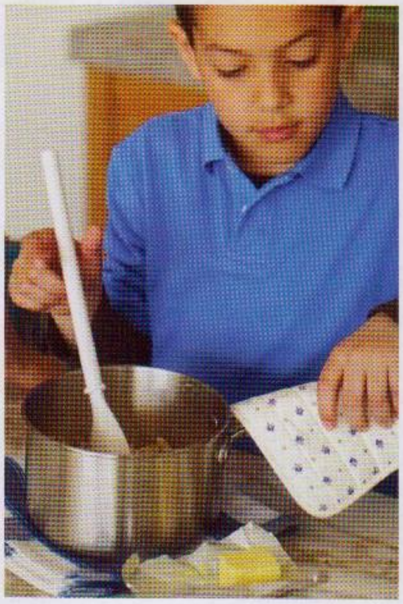
macaroni & cheese dinner

PREP 5 min. **TOTAL** 15 min.
MAKES 3 servings.

- 1 pkg. (7¼ oz.) **Kraft** Macaroni & Cheese Dinner
- 6 cups water
- 4 Tbsp. margarine
- ¼ cup milk

make it

1 boil water. Stir Macaroni into boiling water in medium saucepan; cook 7 to 8 min. or until macaroni is tender, stirring occasionally.



2 drain macaroni; do not rinse. Return to pan. Add margarine; stir until melted.

3 add milk and Cheese Sauce Mix; mix well.
HEALTHY LIVING: *Save 120 calories and 13 grams of total fat per serving by preparing with 2 tsp. unsalted butter and ¼ cup fat free milk.*

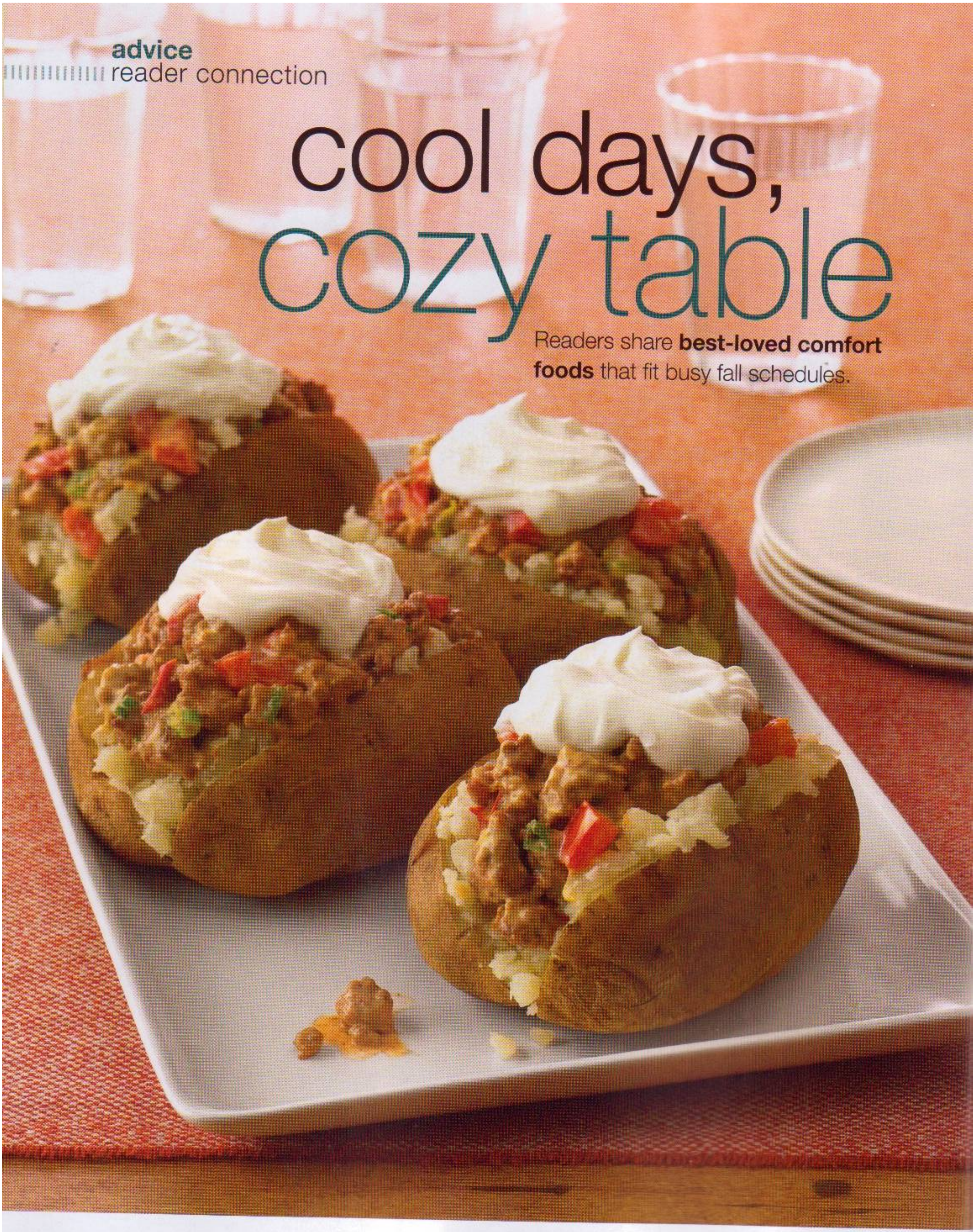
check it out!

NOONTIME WINNER
When kids take their favorite **Oscar Mayer Lunchables** Fun Pack with **Capri Sun** Juice Drink and an apple to school, you know they'll eat well.

{ **what's online** Fill up on smiles at thecheesiest.com.

cool days, cozy table

Readers share **best-loved comfort foods** that fit busy fall schedules.



super stuffed potatoes

PREP 30 min. **MAKES** 4 servings.

what you need

- 4 small baking potatoes (2¼ lb.)
- 1 lb. ground beef
- ¼ lb. (4 oz.) **Velveeta** Pasteurized Prepared Cheese Product, cut into ½-inch cubes
- 1 small tomato, chopped
- 2 green onions, sliced
- ½ cup **Breakstone's** Reduced Fat or **Knudsen** Light Sour Cream

make it

PRICK potatoes in several places with fork. Microwave on HIGH 14 min. or just until tender, turning after 7 min.

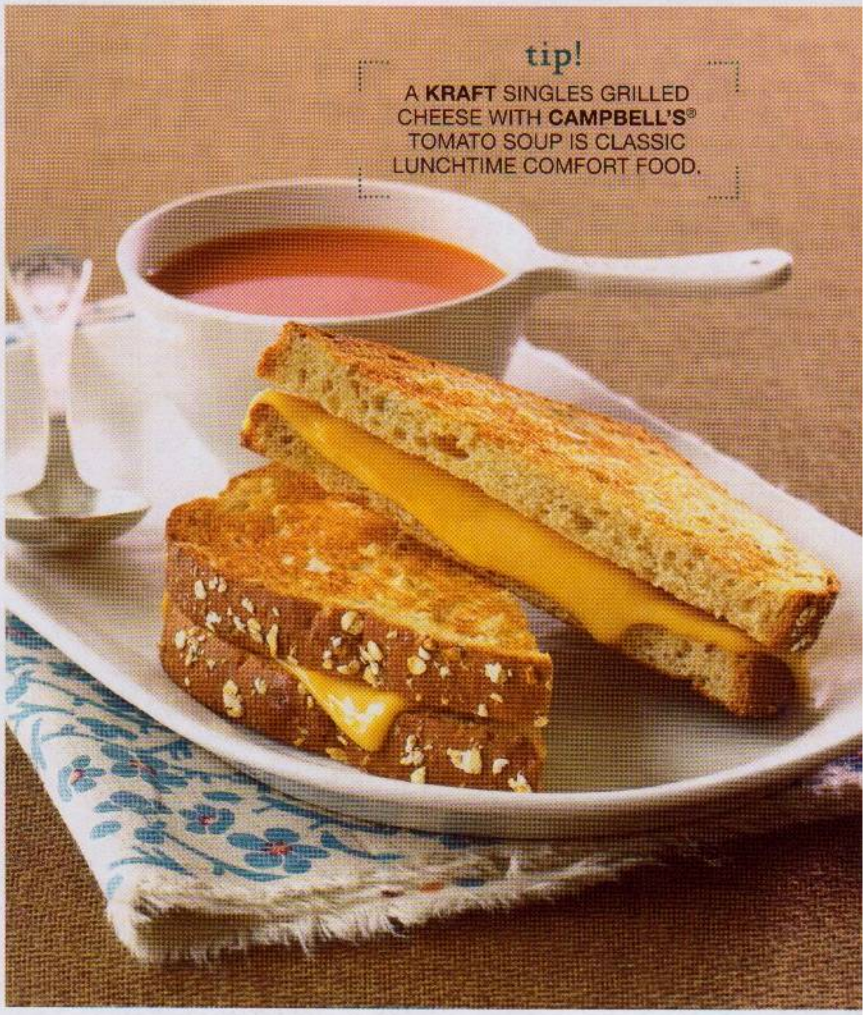
MEANWHILE, brown meat in large skillet; drain. Add **Velveeta**, tomatoes and onions; cook until **Velveeta** is melted and mixture is well blended, stirring frequently.

SPLIT potatoes; mash insides with fork. Top with meat mixture and sour cream.

VARIATION: *Prepare using lean ground beef and* ***Velveeta*** *2% Milk Pasteurized Prepared Cheese Product.*

LISA LOANE
Crystal Lake, IL
diamond salesperson with a stash of great engagement stories

"This is an easy all-in-one meal my grown boys still come home for."



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readers' **best-loved** food memories

"While my grandfather was alive, my mom would fix lemon Jell-O with bananas—it was his favorite."
Judi Walker, Rio Rancho, NM, local politico

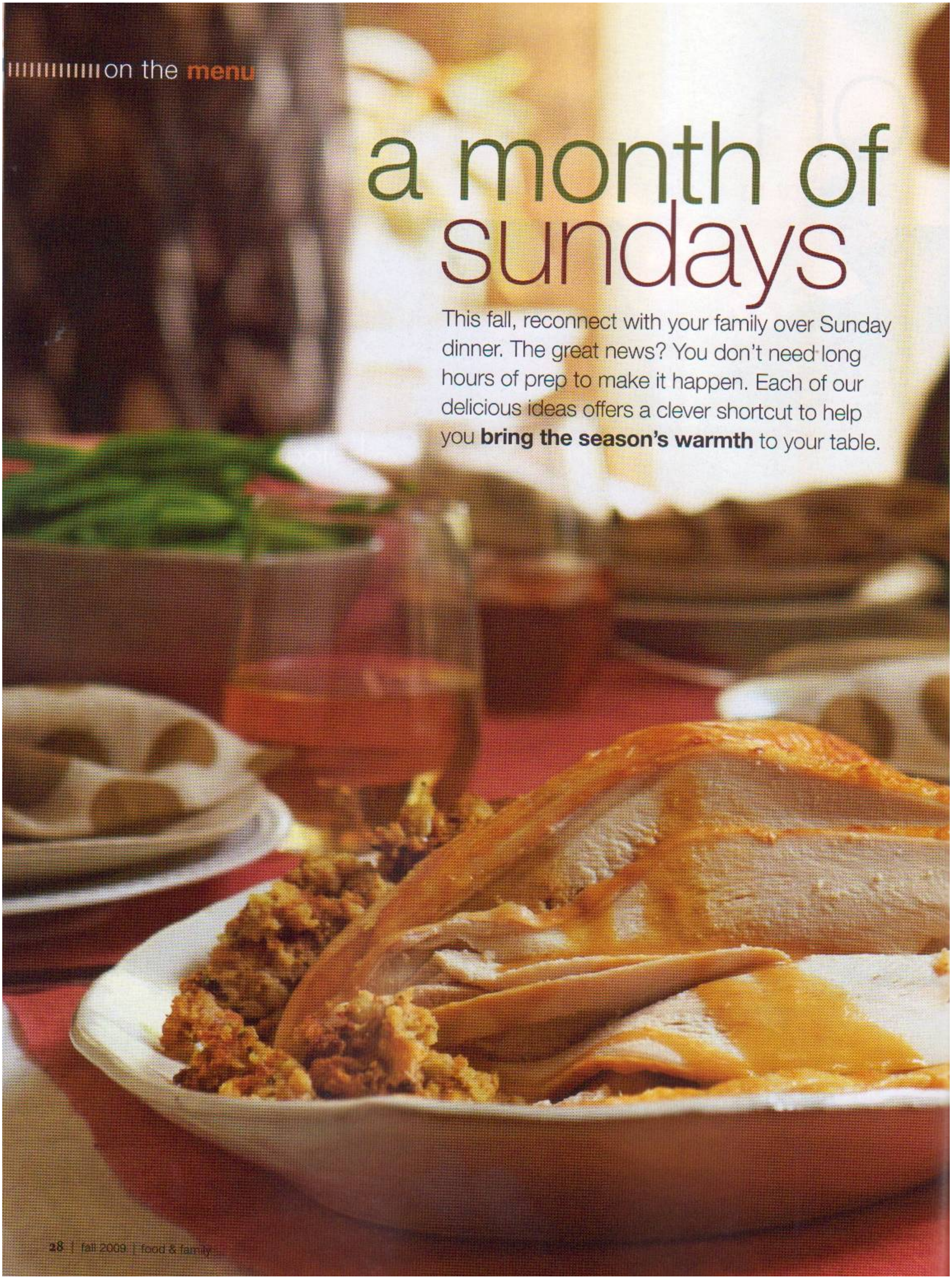
"On Christmas Eve we have a picnic in the living room with homemade meatballs, a homemade cheese ball with crackers, fresh fruit and some veggies with dip."
Heather Vincent, Topeka, KS, mom who loves new traditions

"My mom was an incredible, intuitive cook. My favorite Jell-O salads of hers were carrot and pineapple, and cranberry and walnut."
Carole Bernard, Granby, CT, green thumb and imaginative chef

{ **what's online** Share your favorite comfort foods with other readers at kraftfoods.com/community.

a month of sundays

This fall, reconnect with your family over Sunday dinner. The great news? You don't need long hours of prep to make it happen. Each of our delicious ideas offers a clever shortcut to help you **bring the season's warmth** to your table.



turkey breast with stuffing and gravy

PREP 10 min. **TOTAL** 1 hour 50 min. **MAKES** 12 servings.

what you need

- 2 pkg. (6 oz. each) **Stove Top** Stuffing Mix for Chicken
- 1 fresh or thawed frozen whole turkey breast (5 lb.)
- 1 Tbsp. oil
- 2 jars (12 oz. each) turkey gravy
- ¼ cup **Breakstone's** or **Knudsen** Sour Cream

make it

HEAT oven to 425°F.

PREPARE stuffing as directed on package; mound in center of greased 13×9-inch pan.

PLACE turkey, breast-side up, on top of stuffing, covering stuffing completely. Brush turkey with oil.

BAKE 30 min. Reduce oven temperature to 325°F. Bake 45 min. to 1 hour or until turkey is done (165°F). Let stand 10 min. before carving. Meanwhile, heat gravy in small saucepan; stir in sour cream. Serve over turkey and stuffing.

HOW TO TEST FOR DONENESS: *Because of the variations in sizes and shapes, the easiest way to ensure turkey and stuffing are done is to check the temperatures—both should have an internal temperature of 165°F. Simply insert the thermometer into the center of the stuffing or thickest part of the turkey breast, avoiding any bones.*

SERVING SUGGESTION: *Serve with steamed green beans or a side salad.*

check it out!

FAMILY TIME IS GOLDEN

Eating together, it turns out, is priceless: Research shows that children who have meals with their parents do better in school and in relationships. So why not keep everyone at the table a little longer? Try **Jell-O** Orange Flavor Gelatin topped with **Cool Whip** Whipped Topping...and choose another flavor next Sunday.

PREP FOR TWO DINNERS AT ONCE: Cook 4 extra chicken breast halves in an additional 2 Tbsp. dressing on Sunday to use later in Cheesy Chicken Pot Pie. It's a major head start that will save you time on another busy night.

almond chicken and rice

PREP 5 min. **TOTAL** 30 min.
MAKES 4 servings.

what you need

- 4 small boneless skinless chicken breast halves (1 lb.)
- ¼ cup **Kraft** Tuscan House Italian Dressing and Marinade, divided
- 1¼ cups fat-free reduced-sodium chicken broth
- ½ tsp. garlic powder
- 2 cups broccoli florets
- 1 cup instant white rice, uncooked
- ¼ cup **Planters** Sliced Almonds, toasted, divided

make it

COOK chicken in 2 Tbsp. dressing in large nonstick skillet on medium heat 4 min. on each side or until evenly browned.

STIR in broth, garlic powder and remaining dressing; bring to boil. Cover; simmer 5 min. or until chicken is done (165°F). Remove chicken; cover to keep warm.

ADD broccoli to skillet; cook, uncovered, 3 min. Stir in rice and 3 Tbsp. nuts. Remove from heat; cover. Let stand 7 min. Serve chicken over rice; top with remaining nuts.

cheesy chicken pot pie

PREP 10 min. **TOTAL** 35 min. **MAKES** 8 servings.

what you need

- 3 cups chopped cooked chicken
- 1 pkg. (16 oz.) frozen vegetable blend
- ½ lb. (8 oz.) **Velveeta** Pasteurized Prepared Cheese Product, cut into ½-inch cubes
- 1 can (10¾ oz.) reduced-sodium condensed cream of chicken soup
- 1 can (8 oz.) refrigerated crescent dinner rolls

make it

HEAT oven to 375°F.

COMBINE first 4 ingredients in 13×9-inch baking dish.

UNROLL dough; place over chicken mixture.

BAKE 20 to 25 min. or until crust is golden brown.

HEALTHY LIVING: *Save 40 calories and 5 grams of total fat per serving by preparing with* ***Velveeta*** *2% Milk Pasteurized Prepared Cheese Product, fat-free cream of chicken soup and refrigerated reduced-fat crescent rolls.*

THE ULTIMATE MAKE-AHEAD
Give yourself the whole day off by layering the ingredients in the slow-cooker liner the night before and refrigerating. The next day, spend time with your family and still enjoy a slow-cooked main dish that night.

slow-cooker lasagna

PREP 15 min. **TOTAL** 6 hours 15 min.
MAKES 8 servings.

what you need

- 1 lb. ground beef
- 1 jar (26 oz.) spaghetti sauce
- 1 cup water
- 1 container (15 oz.) **Breakstone's** or **Knudsen** Ricotta Cheese
- 1 pkg. (7 oz.) **Kraft** 2% Milk Shredded Mozzarella Cheese, divided
- 1/4 cup **Kraft** Grated Parmesan Cheese, divided
- 1 egg
- 2 Tbsp. chopped fresh parsley
- 6 lasagna noodles, uncooked

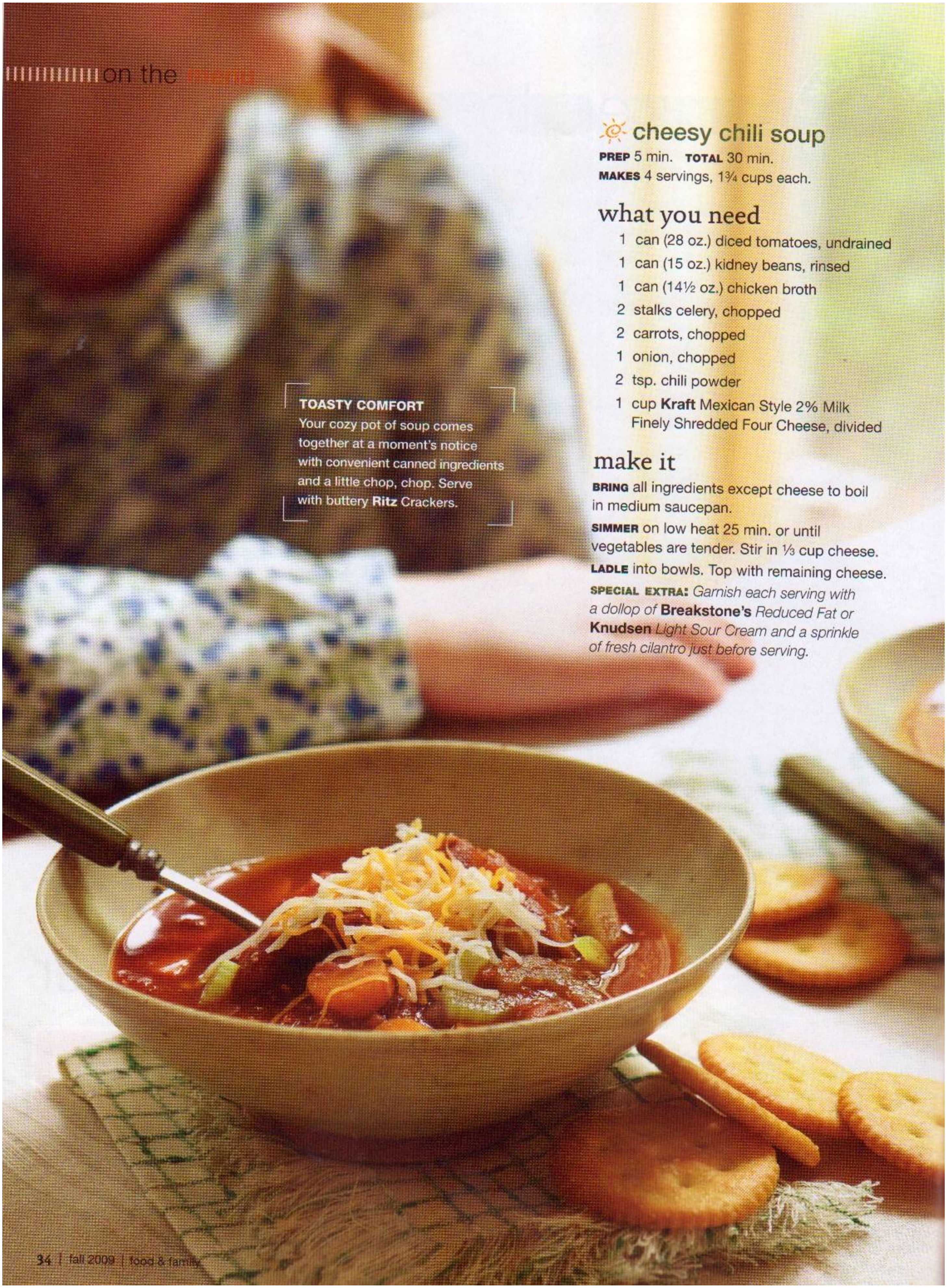
make it

BROWN meat in large skillet; drain. Stir in spaghetti sauce and water. Mix ricotta, 1½ cups mozzarella, 2 Tbsp. Parmesan, egg and parsley.

SPOON 1 cup meat sauce into slow cooker; top with layers of half each of the noodles, broken to fit, and cheese mixture. Cover with 2 cups of the remaining meat sauce. Top with remaining noodles, broken to fit, cheese mixture and meat sauce. Cover with lid.

COOK on LOW 4 to 6 hours or until liquid is absorbed. Sprinkle with remaining cheeses; let stand, covered, 10 min. or until melted.

NOTE: *For best results, do not cook on the HIGH heat setting.*



cheesy chili soup

PREP 5 min. **TOTAL** 30 min.
MAKES 4 servings, 1¾ cups each.

what you need

- 1 can (28 oz.) diced tomatoes, undrained
- 1 can (15 oz.) kidney beans, rinsed
- 1 can (14½ oz.) chicken broth
- 2 stalks celery, chopped
- 2 carrots, chopped
- 1 onion, chopped
- 2 tsp. chili powder
- 1 cup **Kraft** Mexican Style 2% Milk Finely Shredded Four Cheese, divided

make it

BRING all ingredients except cheese to boil in medium saucepan.

SIMMER on low heat 25 min. or until vegetables are tender. Stir in ⅓ cup cheese.

LADLE into bowls. Top with remaining cheese.

SPECIAL EXTRA: *Garnish each serving with a dollop of* **Breakstone's** *Reduced Fat or* **Knudsen** *Light Sour Cream and a sprinkle of fresh cilantro just before serving.*

TOASTY COMFORT
Your cozy pot of soup comes together at a moment's notice with convenient canned ingredients and a little chop, chop. Serve with buttery **Ritz** Crackers.

wrap & go

Revamp your favorite at-home salad order by shifting from plate to tortilla. Toss and roll it together in the morning, then **pack your wrap to go to save you from dining out**.

chicken caesar wraps **PREP** 10 min. **MAKES** 4 servings.

what you need

- 3 cups shredded romaine lettuce
- 2 cups chopped cooked chicken
- 4 slices **Oscar Mayer** Bacon, cooked, crumbled
- 1/4 cup **Kraft** Grated Parmesan Cheese
- 1/4 cup croutons
- 1/2 cup **Kraft** Classic Caesar Dressing
- 4 flour tortillas (8 inch)

make it

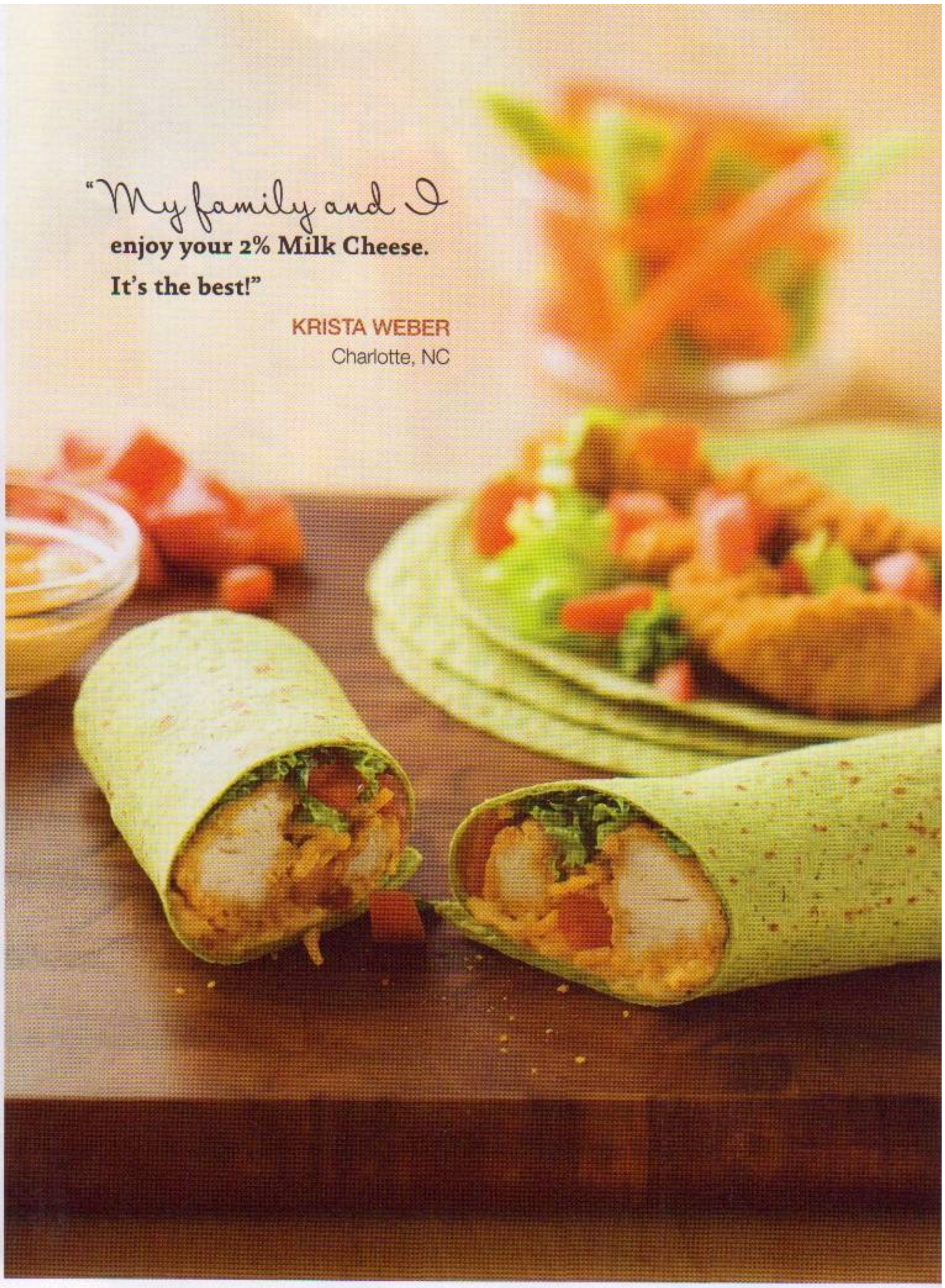
PLACE first 5 ingredients in large bowl. Add dressing; toss lightly.

SPOON onto tortillas; roll up.

SUBSTITUTE: *Prepare using* **Kraft** *Ranch Dressing.*

"My family and I enjoy your 2% Milk Cheese. It's the best!"

KRISTA WEBER
Charlotte, NC



buffalo chicken wraps

PREP 10 min. **TOTAL** 30 min.
MAKES 4 servings.

what you need

- 8 frozen breaded chicken breast strips (¾ lb.)
- ¼ cup **Kraft** Mayo with Olive Oil Reduced Fat Mayonnaise
- 1 Tbsp. hot pepper sauce
- 2 cups shredded lettuce
- 4 spinach flour tortillas (8 inch)
- 1 large tomato, chopped
- 1 cup **Kraft** 2% Milk Shredded Cheddar Cheese

make it

BAKE chicken as directed on package. Meanwhile, mix mayo and hot pepper sauce until well blended.

PLACE lettuce down centers of tortillas; top with chicken, tomatoes and cheese.

DRIZZLE with mayo mixture; roll up.

SERVING SUGGESTION: *Serve with a simple side of celery and carrot sticks to round out the meal.*

check it out!

DRESSED FOR SUCCESS

When creating your own homemade wraps, consider spreading your tortillas with **Kraft** Real Mayo Mayonnaise. It not only helps hold the wrap together, it also adds delicious, pure flavor with no artificial preservatives.

clever t!p
To make tortillas easier to roll and avoid cracking, wrap them in paper towels and microwave on HIGH 30 sec. or just until warm.

love it!
Too much moisture can make tortillas soggy, so pat greens dry with a clean kitchen towel after draining or use an **OXO** Salad Spinner from **kraftstore.com**.

kraft kitchens' pick

classic cobb wraps

PREP 15 min. **MAKES** 4 servings.

what you need

- ¼ cup **Kraft** Light Ranch Dressing
- ½ cup **Kraft** 2% Milk Shredded Colby & Monterey Jack Cheese
- 4 flour tortillas (8 inch)
- 4 romaine lettuce leaves
- 4½ oz. (½ of 9-oz. pkg.) **Oscar Mayer** Deli Fresh Shaved Oven Roasted Turkey Breast
- 4 slices **Oscar Mayer** Bacon, cooked
- 1 tomato, cut into thin wedges
- 1 avocado, cut into thin slices

make it

MIX dressing and cheese; spread onto tortillas.

TOP with remaining ingredients; roll up.

sweet classics made simple

Remember climbing onto a stool to help stir? Recapture that moment with time-honored dessert recipes that promise **from-scratch flavor without all the fuss**.

kraft kitchens' pick

love it!

The pretty is in the pan: The classic **Nordic Ware** Bundt® Pan, available at **kraftstore.com**, gives your pound cake the perfect shape.

gram's best brown sugar cake

PREP 10 min. **TOTAL** 1 hour 10 min.
MAKES 16 servings.

what you need

- 1 pkg. (2-layer size) yellow cake mix
- 1 pkg. (3.4 oz.) **Jell-O** Vanilla Flavor Instant Pudding
- 4 eggs
- ⅔ cup **Breakstone's** or **Knudsen** Sour Cream
- ⅔ cup water
- ½ cup oil
- 1 cup packed brown sugar
- 1 cup chopped **Planters** Pecans
- 2 tsp. powdered sugar

make it

HEAT oven to 350°F.

BEAT first 6 ingredients with mixer 3 min. or until well blended. Add brown sugar and nuts; mix well.

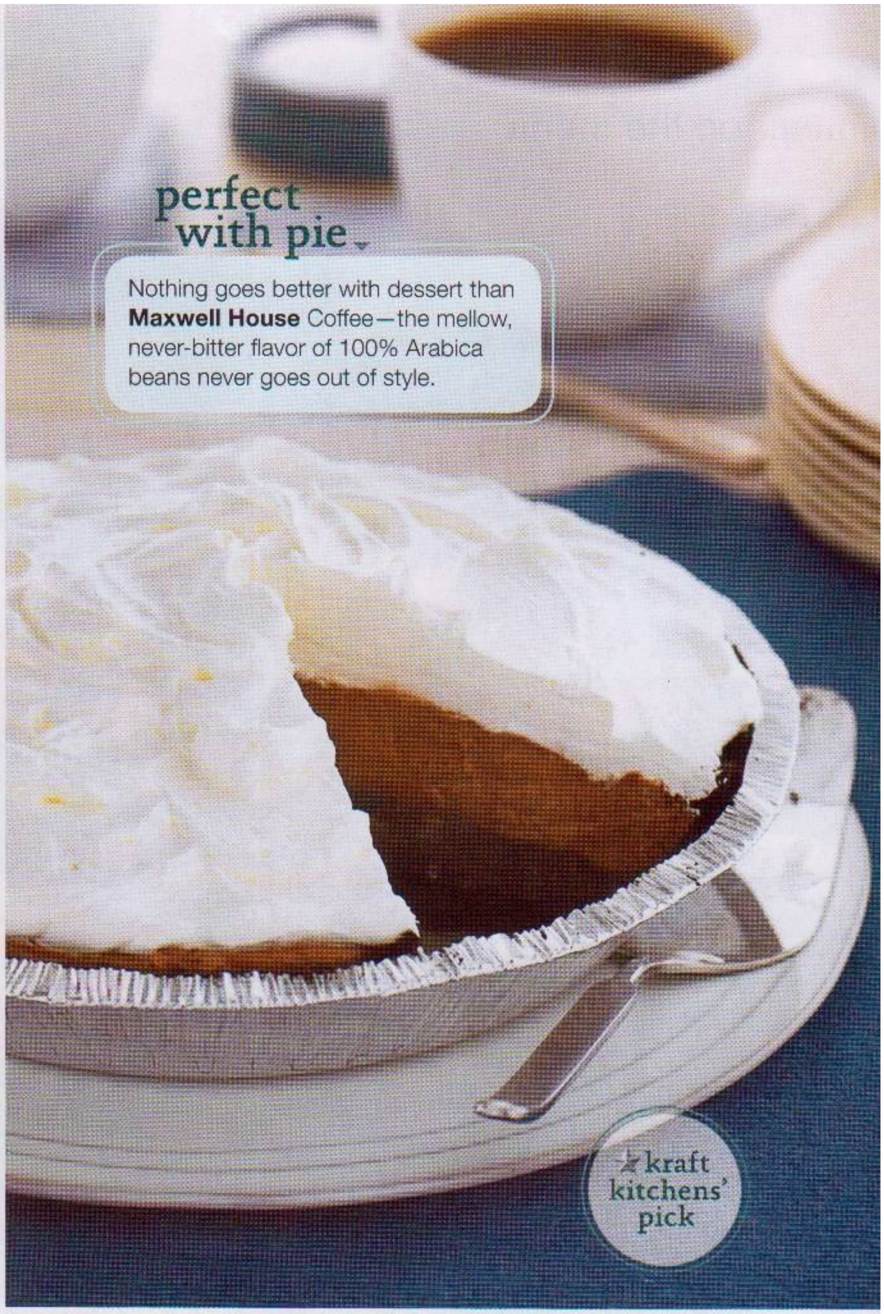
POUR into 12-cup fluted tube pan or 10-inch tube pan sprayed with cooking spray.

BAKE 1 hour or until toothpick inserted near center comes out clean. Cool cake in pan 15 min. Loosen cake from sides of pan; invert onto wire rack. Remove pan; cool cake completely. Sprinkle with powdered sugar just before serving.

SPECIAL EXTRA: *Sprinkle pan with combined 2 Tbsp. granulated sugar and ¼ tsp. ground cinnamon after spraying with cooking spray. Then fill with batter and bake as directed.*

check it out!

Get fresh-from-the-oven flavor when there's no time to bake with Chewy **Chips Ahoy!** Real Chocolate Chip Cookies. For extra yum, make a sandwich with a spoonful of **Cool Whip** Whipped Topping and a banana slice.



perfect with pie

Nothing goes better with dessert than **Maxwell House** Coffee—the mellow, never-bitter flavor of 100% Arabica beans never goes out of style.

triple-layer chocolate pie

PREP 15 min. plus refrigerating **MAKES** 8 servings.

what you need

- 2 pkg. (3.9 oz. each) **Jell-O** Chocolate Instant Pudding
- 2 cups cold milk
- 1 **Oreo** Pie Crust (6 oz.)
- 1 tub (8 oz.) **Cool Whip** Whipped Topping, thawed, divided

make it

BEAT pudding mixes and milk in large bowl with whisk 2 min. (Mixture will be thick.)

SPREAD 1½ cups pudding onto bottom of crust. Stir half the **Cool Whip** into remaining pudding; spread over layer in crust. Top with remaining **Cool Whip**.

REFRIGERATE 3 hours or until firm.

TRIPLE-LAYER LEMON PIE: *Prepare using* **Jell-O** *Lemon Flavor Instant Pudding and a* **Honey Maid** *Graham Pie Crust.*

pumpkin-swirl cheesecake

PREP 20 min. **TOTAL** 5 hours 35 min. (incl. refrigerating) **MAKES** 16 servings.

what you need

- 25 **Nabisco** Ginger Snaps, finely crushed (about 1½ cups)
- ½ cup finely chopped **Planters** Pecans
- ¼ cup (½ stick) butter, melted
- 4 pkg. (8 oz. each) **Philadelphia** Cream Cheese, softened
- 1 cup sugar, divided
- 1 tsp. vanilla
- 4 eggs
- 1 cup canned pumpkin
- 1 tsp. ground cinnamon
- ¼ tsp. ground nutmeg
- Dash ground cloves

make it

HEAT oven to 325°F.

MIX crumbs, nuts and butter; press onto bottom of 13×9-inch pan.

BEAT cream cheese, ¾ cup sugar and vanilla with mixer until blended. Add eggs, 1 at a time, beating after each just until blended. Remove 1½ cups batter. Stir remaining sugar, pumpkin and spices into remaining batter.

SPOON half the pumpkin batter into crust; top with spoonfuls of half the plain batter. Repeat layers; swirl with knife.

BAKE 45 min. or until center is almost set. Cool completely. Refrigerate 4 hours.

chocolate-peanut butter cookie bars

PREP 15 min. **TOTAL** 5 hours 40 min. (incl. refrigerating) **MAKES** 32 servings.

what you need

- 1 pkg. (2-layer size) chocolate cake mix
- 1 pkg. (3.9 oz.) **Jell-O** Chocolate Instant Pudding
- ½ cup (1 stick) butter, melted
- ½ cup cold milk
- 6 squares **Baker's** Semi-Sweet Chocolate, chopped, divided
- 1 cup **Planters** Dry Roasted Peanuts, divided
- 1 cup creamy peanut butter

make it

HEAT oven to 350°F. Line 13×9-inch dish with foil; spray with cooking spray. Mix first 4 ingredients until blended. (Mixture will be thick.) Press half the cake mix mixture into prepared pan.

BAKE 10 min. Sprinkle half each of the chocolate and nuts over crust; top with peanut butter. Cover with layers of remaining cake mix mixture, chocolate and nuts. Press gently with spatula. Bake 15 min. Cool 1 hour. Refrigerate 4 hours before cutting into bars.

tip!
MAKE THESE BARS A DAY AHEAD, THEN CUT BEFORE SERVING.

timesavers

simple shortcuts + quick tips + speedy suppers

"I love a salad with seasonal colors—for fall add red leaf lettuce and sprinkle with **Planters** Pecans. **Kraft Catalina** Dressing ties it all together."

Jennifer Cuccia
Kraft Kitchens Expert and farmers' market fanatic

have fun!

In what year was **Planters** Mr. Peanut created?

(See page 62 for the answer.)

a. 1916
b. 1940
c. 1951
d. 1989

what's online

For quick dinner ideas, search "15 minutes" at kraftfoods.com.

autumn is for artichokes

Cool days call for bold flavors. Spread **Philadelphia** Spinach & Artichoke Cream Cheese Spread onto **Triscuit** Crackers for a totally tasty snack.

1 bag = 5 nights

Shop once and **solve suppertime for the whole workweek** with one well-filled grocery bag that fits your budget too.

grocery list

- 2 lb. ground beef
- 2½ lb. boneless skinless chicken breasts
- 1 lb. **Velveeta** Pasteurized Prepared Cheese Product
- 1 pkg. (12 oz.) **Kraft** Singles
- 1 tub (8 oz.) **Breakstone's** Reduced Fat or **Knudsen** Light Sour Cream
- 1 pkg. (6 oz.) **Stove Top** Stuffing Mix for Chicken
- 1 pkg. (14 oz.) instant white rice
- 1 pkg. (12 oz.) hamburger buns
- 1 jar (16 oz.) **Taco Bell® Home Originals®** Thick 'N Chunky Medium Salsa
- 1 can (14.5 oz.) chicken broth
- 1 can (10¾ oz.) condensed cream of mushroom soup
- 1 pkg. (16 oz.) elbow macaroni
- 1 pkg. (7¼ oz.) **Kraft** Macaroni & Cheese Dinner
- 1 pkg. (10 oz.) frozen chopped broccoli
- 1 **DiGiorno** Crispy Flatbread Tuscan Chicken Pizza

ALSO BE SURE TO HAVE ON HAND:
onion powder, ketchup, butter

one-skillet monday

Stove Top one-dish chicken skillet

PREP 5 min. **TOTAL** 25 min. **MAKES** 6 servings.

what you need

- 1½ cups hot water
- ¼ cup (½ stick) butter or margarine, melted
- 1 pkg. (6 oz.) **Stove Top** Stuffing Mix for Chicken
- 6 small boneless skinless chicken breast halves (1½ lb.)
- 1 can (10¾ oz.) condensed cream of mushroom soup
- ⅓ cup **Breakstone's** Reduced Fat or **Knudsen** Light Sour Cream

make it

MIX hot water, butter and stuffing mix.

COOK chicken in nonstick skillet on medium-high heat 5 min. on each side or until browned on both sides.

MIX soup and sour cream; pour over chicken. Top with stuffing; cover. Cook on low heat 10 min. or until chicken is done (165°F).

USE YOUR OVEN: *Heat oven to 375°F. Prepare stuffing as directed. Place chicken in 13×9-inch baking dish. Mix soup and sour cream; pour over chicken. Top with stuffing. Bake 35 min. or until chicken is done.*

tip!
SAVE BY DIVIDING A 2-LB. PACKAGE OF BEEF IN HALF AND FREEZING EACH PORTION.

taco tuesday

sloppy tacos

PREP 5 min. **TOTAL** 20 min. **MAKES** 8 servings.

what you need

- 1 lb. ground beef
- 1 jar (16 oz.) **Taco Bell® Home Originals®** Thick 'N Chunky Medium Salsa
- 1 pkg. (12 oz.) hamburger buns (8 buns)
- 1 pkg. (6 oz.) **Kraft** Singles

make it

BROWN meat in large skillet; drain.

STIR in salsa; cook until heated through, stirring occasionally.

FILL buns with meat mixture and Singles.

HEALTHY LIVING: *Save 40 calories and 5 grams of total fat per serving by preparing with lean ground beef and* ***Kraft*** *2% Milk Singles.*

Taco Bell® and **Home Originals®** are trademarks owned and licensed by Taco Bell Corp.

Velveeta cheeseburger mac

PREP 5 min. **TOTAL** 35 min. **MAKES** 6 servings.

kid-pleasing wednesday

what you need

- 1 lb. ground beef
- 2¾ cups water
- ⅓ cup ketchup
- 1 tsp. onion powder
- 2 cups elbow macaroni, uncooked
- ½ lb. (8 oz.) **Velveeta** Pasteurized Prepared Cheese Product, cut into ½-inch cubes

make it

BROWN meat in large skillet; drain.

ADD water, ketchup and onion powder; mix well. Bring to boil. Stir in macaroni; cover. Simmer on medium-low heat 8 to 10 min. or until macaroni is tender.

STIR in **Velveeta**; cook until melted, stirring occasionally.

SERVING SUGGESTION: *Serve with a cooked crisp green vegetable, such as broccoli.*

tip!

DRAIN THE FAT FROM COOKED BEEF USING A COLANDER OR SIEVE SET IN A MIXING BOWL.

Velveeta cheesy chicken & broccoli rice

PREP 10 min. **TOTAL** 25 min. **MAKES** 6 servings, 1 cup each.

thursday in minutes

what you need

- 1 lb. boneless skinless chicken breasts, cut into bite-size pieces
- 1 can (14½ oz.) chicken broth
- 2 cups instant white rice, uncooked
- ½ lb. (8 oz.) **Velveeta** Pasteurized Prepared Cheese Product, cut into ½-inch cubes
- 1 pkg. (10 oz.) frozen chopped broccoli, thawed

make it

COOK and stir chicken in large nonstick skillet on medium-high heat 5 min. or until done.

STIR in broth. Bring to boil.

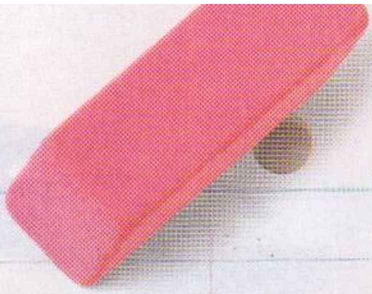
ADD rice, **Velveeta** and broccoli; cover. Remove from heat. Let stand 10 min. Stir until **Velveeta** is completely melted and mixture is well blended.

SHORTCUT: *To quick-thaw frozen broccoli, microwave for about half the cooking time specified on the package.*

Kick back on Friday night with a mouthwatering **DiGiorno** Crispy Flatbread Tuscan Chicken Pizza, hot from your oven.

Keep **Kraft** Macaroni & Cheese Dinner in stock for a quick dinnertime anytime. You can serve up three bowls for about a buck.

{ what's online Search "1 bag 5 dinners" at kraftfoods.com for more smart strategies.



budget wi$e

snack math

Add it up and go to the head of the class: After school or any time at all, try these delicious **combos that come in under a dollar**.

1 **JELL-O** STRAWBERRY FLAVOR GELATIN SNACK

+

2 TBSP. **COOL WHIP** WHIPPED TOPPING (IN A CAN)

=

a "sweeeeet!" after-school treat sans the ice cream shop stop

16 **WHEAT THINS** CRACKERS

+

8 OZ. **CRYSTAL LIGHT** LEMONADE FLAVOR DRINK MIX

=

less than 200 calories, fewer than 100 pennies: a smart way to stay on track

3 **OREO** COOKIES

+

1 CUP MILK

=

a moment with your inner child for less than the price of a big box of sidewalk chalk

2 CHEWY **CHIPS AHOY!** REAL CHOCOLATE CHIP COOKIES

\+

1 **CAPRI SUN** FRUIT PUNCH JUICE DRINK (NOW WITH 25% LESS SUGAR)

=

one smiling kid: a huge payoff at any price

¼ CUP **PLANTERS COCKTAIL** PEANUTS

\+

½ CUP RED GRAPES

=

a sub for a nutty candy bar: get your salty and sweet satisfaction here

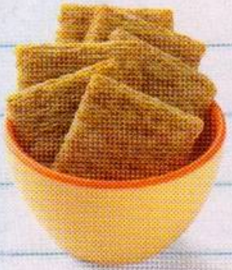
5 **RITZ** CRACKERS

\+

5 SLICES (1 OZ. TOTAL) **KRAFT** 2% MILK NATURAL CHEESE

=

a party that's waiting to happen, even if it's just you at the kitchen counter



6 **TRISCUIT** CRACKERS

\+

2 TBSP. **PHILADELPHIA** CREAM CHEESE

=

proof that simple is good: big taste for small change

1 **JELL-O** SUGAR FREE DULCE DE LECHE PUDDING SNACK

\+

1 **HONEY MAID** HONEY GRAHAM, BROKEN INTO 4 PIECES

=

good news that's cheaper than the Sunday comics

game day get-together

Party planning on the run? Pick up everything you need for these **crowd-pleasing snacks** in one fast dash.

cheering section

When your team puts one on the board, celebrate with **Planters** Mixed Nuts.

have pizza in your playbook

Pull a fresh-from-the-oven **DiGiorno Rising Crust** Pizza—Supreme from the sidelines. Don't forget to intercept a slice for yourself!

winning matches

For an unbeatable combo, serve **Triscuit** and **Wheat Thins** Crackers with sliced **Kraft** 2% Milk Cheese and vegetables.

Ritz cheesy football

PREP 15 min. plus refrigerating
MAKES 4 cups spread or 32 servings, 2 Tbsp. spread and 5 crackers each.

what you need

- 2 pkg. (8 oz. each) **Philadelphia** Cream Cheese, softened
- 1 pkg. (8 oz.) **Kraft** Shredded Sharp Cheddar Cheese
- ½ cup **Kraft** Grated Parmesan Cheese
- ½ cup **Miracle Whip** Dressing
- 2 green onions, chopped
- ¼ tsp. black pepper
- 1 pkg. (3 oz.) **Oscar Mayer** Real Bacon Bits
- 2 Tbsp. pimento strips
- **Ritz** Crackers

make it

BEAT cheeses and dressing with mixer until blended.

ADD onions and pepper; mix well. Refrigerate several hours.

FORM into football shape on serving plate; coat with bacon bits. Add pimento strips for "lacing." Serve with crackers.

love it!

Plan ahead and make **Jell-O** Football Helmet **Jigglers** in your favorite team colors. To order molds go to **kraftfoods.com/jellofootball**.

know it by heart

sizzling skillet

Shredded cheese and ready-made diced potatoes are key to making this 4-ingredient dinner with **no chopping in almost no time**.

grab 4 of each

4 SLICES **OSCAR MAYER** BACON

4 SMALL BONELESS SKINLESS CHICKEN BREAST HALVES (1 LB.)

4 CUPS (1 LB.) FROZEN DICED POTATOES WITH PEPPERS AND ONIONS, THAWED

4 OZ. (1 CUP) **KRAFT** 2% MILK SHREDDED SHARP CHEDDAR CHEESE

cheddar chicken and potatoes

PREP 5 min. **TOTAL** 27 min. **MAKES** 4 servings.

make it

COOK bacon in large nonstick skillet on medium heat 5 min. or until crisp. Remove bacon from skillet to paper towel; discard drippings in skillet.

ADD chicken to skillet; cook 5 min. on each side or until done (165°F). Remove chicken from skillet; cover to keep warm. Crumble bacon. Add to skillet with potatoes; cook and stir 5 min. or until heated through.

PLACE chicken over potatoes; top with cheese. Cover; cook 2 min. or until cheese is melted.

HOW TO CHECK DONENESS: *Check that the chicken's internal temperature is at least 165°F. When totally cooked, the juices should run clear.*

recipe index

appetizers & snacks

	PG #	CAL	FAT/SAT	SODIUM	CARB	FIBER	PROTEIN
Ritz Cheesy Football	59	180	13/6	380	12	0	5

salads & sides

	PG #	CAL	FAT/SAT	SODIUM	CARB	FIBER	PROTEIN
$ Mixed Greens & Pear Salad CHOL less then 5mg, SUGARS 7g, VIT A 10%DV, VIT C 8%DV, CALCIUM 10%DV, IRON 2%DV	15	100	6/1.5	150	10	2	3
$ Ranch Salad with Roasted Vegetables CHOL 10mg, SUGARS 6g, VIT A 190%DV, VIT C 35%DV, CALCIUM 10%DV, IRON 10%DV	16	210	8/1.5	350	30	5	5

entrées & sandwiches

	PG #	CAL	FAT/SAT	SODIUM	CARB	FIBER	PROTEIN
$ Almond Chicken and Rice CHOL 70mg, SUGARS 2g, VIT A 20%DV, VIT C 30%DV, CALCIUM 6%DV, IRON 15%DV	31	330	13/2	370	23	2	31
$ Buffalo Chicken Wraps	37	440	21/6	1110	39	4	26
Cheddar Chicken and Potatoes	60	310	11/5	460	18	2	35
$ Cheesy Chicken Pot Pie	31	340	17/6	860	22	2	24
$ Cheesy Chili Soup CHOL 15mg, SUGARS 12g, VIT A 130%DV, VIT C 25%DV, CALCIUM 50%DV, IRON 15%DV	34	260	7/3.5	870	34	10	18
$ Chicken Caesar Wraps	36	410	20/5	1590	29	2	28
$ Classic Cobb Wraps	38	370	20/5	1030	34	6	16
$ Ham & Egg Wraps	8	230	8/2.5	860	19	3	19
$ Macaroni & Cheese Dinner	23	410	3.5/2	580	48	1	9
$ Sloppy Tacos	50	310	13/6	900	28	1	19
$ Slow-Cooker Lasagna	32	410	21/10	720	26	2	29

Answer to Mr. Peanut quiz on ***page 47*****:** A. 1916. Mr. Peanut was born when a schoolboy submitted his sketch to win the Planters contest for a brand icon. The top hat and cane were added later.

entrées & sandwiches continued

		PG #	CAL	FAT/SAT	SODIUM	CARB	FIBER	PROTEIN
Healthy Living	Smothered Chicken with Brown Rice	11	420	10/4	480	47	6	35
$	**Stove Top** One-Dish Chicken Skillet	49	360	16/7	880	26	<1	29
$	Super Stuffed Potatoes	25	530	22/10	520	51	6	32
$	The Best Meatballs (meatballs only)	19	290	14/5	390	16	<1	23
$	The Best Meatballs (with Creamy Brown Gravy)	19	400	22/10	880	21	1	27
$	The Best Meatballs (with Tomato-Basil Cream Sauce)	19	430	24/10	990	25	2	29
$	The Best Meatballs (with Tomato-Basil Cream Sauce and Pasta)	19	660	25/10	1000	68	5	37
$	Turkey Breast with Stuffing and Gravy	29	430	11/2.5	870	24	<1	54
$	**Velveeta** Cheeseburger Mac	51	400	17/8	780	35	1	25
$	**Velveeta** Cheesy Chicken & Broccoli Rice	52	330	11/6	830	30	2	28
$	**Velveeta** Tex-Mex Beef and Potatoes	13	390	17/8	1030	36	3	23

desserts

	PG #	CAL	FAT/SAT	SODIUM	CARB	FIBER	PROTEIN
Chocolate-Peanut Butter Cookie Bars	45	210	13/4.5	280	21	2	5
Gram's Best Brown Sugar Cake	43	370	19/3.5	330	47	1	4
Pumpkin-Swirl Cheesecake	44	370	27/15	340	25	1	6
Triple-Layer Chocolate Pie	43	310	12/7	580	50	1	4

HEALTHY LIVING

Our Healthy Living sun indicates a recipe that was designed with your health in mind. Nutrition information indicated is per serving but does not reflect suggested alternate or optional ingredients. Additional nutrition information is available at **kraftfoods.com**.

- Measured in grams: Fat, Sat. Fat, Carbs, Fiber, Protein
- Measured in milligrams: Sodium

INDEX KEY

Healthy Living · 20 Minutes or Less · $ Budget Wise

$ BUDGET WISE

When you want tips and recipes that are budget-friendly, look for our Budget Wise dollar sign.

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Shake those buns
A.1. STEAK SAUCE
A.1.
Turn up the taste on your burger:
Two tablespoons in the meat
Two tablespoons for the buns*
makes burgers sing.
*Recipe is for 1 lb. of ground beef; recipe makes 4 burgers.
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